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JOURNEYING INWARD

by Marian Hughes

Marian Hughes of Mississauga, Ontario, Canada, has attended the GATEWAY VOYAGE®*,* LIFELINE®*, and* HIGH ADVENTURE. *As the fall FOCUS took shape, its orientation toward inner growth and exploration became obvious. That perspective makes Marian's reply to a question from Helen Warring, Program Registrar, especially suitable for this issue.*

I am delighted that you enjoyed the pictures [Kirlian photographs of her aura before and after work with Hemi-Sync®]. Certainly you may use them. That was why I sent them to you. As for how my life has changed... well, that's a hard one to comment on. I spend so much of my time struggling to live in the present moment and to not dwell on the past or future that when you ask about the past, I almost come up blank. My husband says that I am calmer, but I really couldn't think of any changes so I went to my journals to find out what was going on in 1991.

In 1991 was emotionally obsessed with, and depressed by, my inability to lose weight. Professionally I wanted to find a career that was more fulfilling, and spiritually I felt driven to do something without knowing what it was. In the summer of 1991 went to the Omega Institute near Rhinebeck, New York, to take the basic shamanic workshop with Michael Harner and learned to journey into other shamanic realities. While there, I bought Robert Monroe's tape on *Journeys Out of the Body* (an Audio Renaissance product) and sent off for your Discovery album (part of the *GATEWAY EXPERIENCE*® home study course).

For the next two years I worked on the Discovery tapes and with a local shamanic drumming circle. At the beginning I devoted more energy to journeying than the tapes but gradually switched over. I found it easy to turn on a tape, but much more difficult to find a time when I didn't disturb my husband with my drumming. After my *GATEWAY VOYAGE* in the summer of 1993, I turned more and more to the Monroe Institute techniques, although I still do journey occasionally.

The differences in my life are hard to pin down. However, when I think about it, I remember moments of change. There was the time when my cat, who would never sit on my lap for longer than fifteen seconds, began to settle down for an hour of concentrated purring. Or the time that I was having night terrors while assimilating a shamanic soul retrieval and dissolved them by bubbling away my fears as I had been taught in a Discovery tape. There was also the moment in meditation when I wasn't there, and yet aware. Or the time in Focus 21 when I had the option of withholding love from an enemy and chose to give it instead. Finally, there was the night I remembered a self-directed out-of-body experience. All of these experiences, and hundreds of others, have subtly altered the way I perceive and react to my everyday life.

I feel more comfortable with myself and much more satisfied with my life. My doctor has introduced me to a nutritional plan that allows me to finally control my weight and my addiction to sweets. Due to staffing shortages, I was asked to change jobs and take on a new assignment. As a result, I am happier in my career than ever before. Both occurrences may seem like coincidences, but I'm not sure I believe in coincidence any more.

There's still a drive to do or find something spiritually, and I still don't know what it is. However, two out of three is a good start. My spiritual growth has been activated by shamanic practices and Monroe tapes and courses. The general message is that I have changed a great deal on a very subtle level because of the influence of those two sources.

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